

## Middletown Recreation & Community Services

### Recreation Division SUMMER BROCHURE

Activities running from NOW - August 31, 2020

**With NEW information & registration for camps, that may be subject to change upon further definite guidance.**



All programs listed in the brochure are subject to change due to COVID - 19.



We are eager to resume our normal programming and will be closely monitoring the recommendations of the CDC, Governor, and local leadership.

We want to keep you and our staff safe.

You will receive a full refund for any program cancelled due to COVID - 19.

Our full time staff is working remotely. Please email [rec@middletownct.gov](mailto:rec@middletownct.gov) or call 860.638.4500 with any questions, we will respond as soon as possible. Be well!



Beginning January 1, 2021

Middletown Recreation will be producing five brochures annually.

Look for the most update to date version at [www.middletownct.gov/Recreation](http://www.middletownct.gov/Recreation)

January 1 – February 28

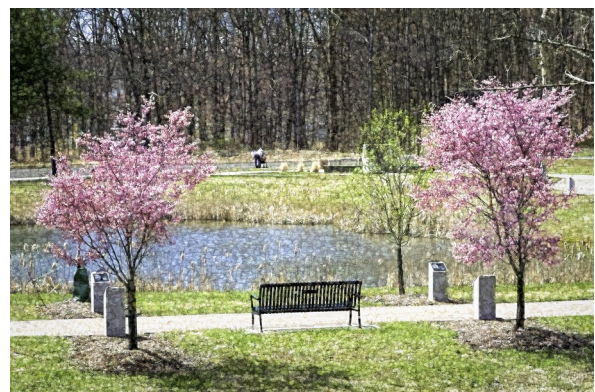
March 1 - April 30

May 1 – August 31

September 1 - October 31

November 1 - December 31

PLEASE REGISTER EARLY TO ENSURE YOUR SPOT!



## GENERAL INFORMATION

### OFFICE HOURS:

#### SENIOR & COMMUNITY CENTER:

Monday - Friday, 8:30 am - 4:30 pm  
excluding state and federal holidays.

#### PARKS OFFICE:

Monday - Friday, 7:00 am - 3:30 pm

#### MEDICAL:

The City of Middletown has liability insurance but does not carry accident insurance for participants. Personal health and accident insurance is recommended. All participants must sign our medical release waiver form before participating in our programs. For participants under the age of eighteen a parental signature is required.

#### RESIDENT/NONRESIDENT:

Resident and nonresident taxpayers will be given priority in registering for Middletown Recreation programs. Nonresident taxpayers are defined as individuals owning real estate in the City of Middletown in accordance with 214-40 B (2) of the Middletown Code of Ordinance.

#### RETURNED CHECKS:

There is a \$10.00 fee for a returned check.

#### RECEIPTS:

Please provide a valid email address, so we can email all receipts.

#### REFUNDS :

Cash and check refunds are processed in approximately fourteen (14) business days.

- ♦ Programs are contingent on available funding.
- ♦ The Recreation & Community Services Staff has made every effort to prepare this brochure as accurately as possible. However, due to publication deadlines, program information may require that adjustments be made to programs, fees, schedules, etc. We apologize for any inconvenience this may cause.
- ♦ For the most up to date version of our brochure please visit our website:  
[www.middletownct.gov/current brochure](http://www.middletownct.gov/current%20brochure)

Keep in mind

## CITY OF MIDDLETOWN

Mayor Benjamin D. Florsheim

Recreation and Community  
Services Commission



Chair: Phil Pessina

#### Commissioners:

Jeanette Blackwell	Winfred Lee
Akbar Coffy	Ed Dypa
Lincoln Everest	Matt Fraulino
Anthony Jaskot	Kristen Jensen
Sal Uccello	Dan Deconti

## MIDDLETOWN RECREATION & COMMUNITY SERVICES PROGRAMS ARE HELD AT THE FOLLOWING SITES:

Bielefield	70 Maynard Street
Farm Hill	390 Ridge Road
Lawrence	Kaplan Drive
Macdonough	66 Spring Street
Moody	300 Country Club Road
Spencer	207 Westfield Street
Snow	299 Wadsworth Street
Wesley	Wesleyan Hills Road
Keigwin	99 Spruce Street
Woodrow Wilson	370 Hunting Hill Avenue
Middletown High	200 LaRosa Lane
Senior & Community Center	61 Durant Terrace
McCutcheon Park	Livingston Road



## Department Contact Information

### RECREATION DIVISION

Office 860.638.4500  
Office Fax 860.344.3319  
Director - Cathy Lechowicz 860.638.4505  
Manager - Karen Nocera 860.638.4502  
Supervisor - Dean Wilborn 860.638.4503  
Budget Analyst - Jody Picard 860.638.4508  
Clerk - Rebecca Carroll 860.638.4500  
Email: [rec@middletownct.gov](mailto:rec@middletownct.gov)

Like us on Facebook! Middletown CT Rec  
Follow us on Instagram! @MiddletownCTRec

### SENIOR DIVISION

Office 860.638.4540  
Office Fax 860.344.3319  
Director - Cathy Lechowicz 860.638.4505  
Manager - Ann Gregg 860.638.4548  
Coordinator - Heidi Otero 860.638.4541  
Specialist - Laura Runte 860.638.4542  
Clerk - Rebecca Carroll 860.638.4500  
Email: [seniors@middletownct.gov](mailto:seniors@middletownct.gov)

Like us on Facebook! Middletown Senior Services

### MCA/ARTS OFFICE

245 deKoven Drive  
Coordinator: Kisha Michael 860.638.4510  
[www.middletownct.gov/arts](http://www.middletownct.gov/arts)

### PARKS DIVISION OF PUBLIC WORKS

Office 860.638.4520  
Superintendent - Brian Young 860.638.4522  
Clerk - Christina Giurintano 860.638.4521  
Field Conditions and Cancellations 860.344.3552  
Field and Park Reservations 860.638.4520

### ADULT & YOUTH LEAGUE CONTACTS

Ahern Whalen Baseball

<http://www.mybbsb.org>

Tom Shea 860.951.1451

Russ Cormier 860.980.0378

[vpahernwhalen@mybbsb.org](mailto:vpahernwhalen@mybbsb.org)

Men's Softball 203.427.5377

Women's Softball 860.262.3998

Middletown Youth Baseball and Softball

<http://www.mybbsb.org>

Russ Cormier 860.980.0378

Middletown Youth Football & Cheerleading

[Jrbluedragons.com](http://Jrbluedragons.com)

[info@jrbluedragons.com](mailto:info@jrbluedragons.com)

Jim Gallant 860.800.2070

Middletown Youth Soccer

<http://www.middletownsoccer.org>

Steve Crouch 860.347.9397

Middletown Youth Lacrosse

<http://www.middletownyouthlacrosse.org>

[middletownyouthlacrosse@gmail.com](mailto:middletownyouthlacrosse@gmail.com)

Robert McMullen 860.469.5290

Prof. Gallitto Youth Basketball

Coed Grades K-2 Recreation Division

Dean Wilborn 860.638.4503

Boys Grades 3-8

<http://www.valesc.org>

Ed Battle 860.632.2900

Girls Grades K-8

<http://www.PGGBasketball.org>

Harold Panciera 860.346.6697





## Recreation and Community Services Department

### Mission Statement

The Recreation & Community Services Department will enhance the quality of life for all Middletown residents with regard to recreational, athletic, leisure, and senior services. Through community partnerships, long range planning, and professional management, the Department is committed to the highest level of equitable service, integrity, safety, and fiscal management. The Department will enhance the dignity of seniors while supporting their wellness and independence and encouraging their community involvement.

### Inclusion Mission Statement

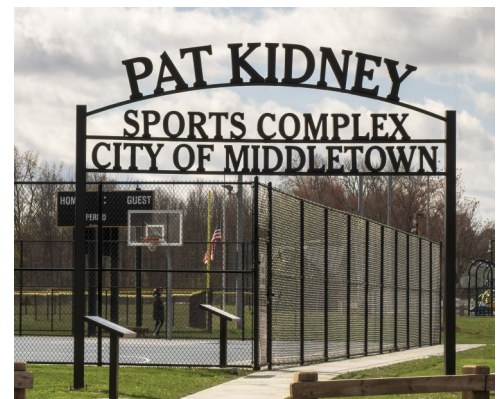
The Middletown Recreation & Community Services Department recognizes the value of including people with all levels of ability as a means of strengthening our community and providing a recreational choice. We provide opportunities for people with and without disabilities to experience recreation together. We strive to enhance each individual's potential for full and active participation through specialized programs designed for those who need more assistance.

For specific information concerning policy and programming, please call our office at 860.638.4500.

Please allow a minimum of ten days for our department to make accommodations.

### Park Hours

- ⇒ Parks open sunrise to sunset for walk ins
- ⇒ Winter: December 1 - February 28  
Gates open 8:00 am and close at 2:30 pm  
at Pat Kidney and Veterans Park only.
- ⇒ Summer: March 1 - November 30  
Gates open at 8:00 am and close at sunset



### KAYAK & CANOE RENTALS

Located at Ron McCutcheon Park's Crystal Lake

June 22 - August 16

Rentals are only available during public swim hours only, from 11:30 am until 7:00 pm.

Please note the list of restrictions on the Rental Form, which can be obtained by calling the Recreation Division, visiting our city website, or seeing the lifeguards on duty.

Fee: \$ 5 per hour per boat person for residents

Fee: \$ 10 per hour per boat person for nonresidents





# GENERAL SWIMMING INFORMATION

## VETERANS POOL & McCUTCHEON PARK @ CRYSTAL LAKE

Children under 16 years must be accompanied by an adult at all times.

### VETERANS MEMORIAL PARK & POOL

Walnut Grove Road 860.638.4528

- Pool opens Saturday, June 20 and closes Sunday, August 16.
- Pool Passes are available at Veterans Pool or The Rec. Office.
- [Pool Pass applications and swim lesson registration forms are on our city website, middletownct.gov/recreation/forms](http://middletownct.gov/recreation/forms) or in the Recreation Office.
- On July 4th, Public Swim will be 12:05 - 4:30 pm and 6:00 - 7:45 pm.
- Wading Pool is open during swim team practice and swimming lessons.



Monday - Friday	9:00 am - 12:15 pm	Swimming Lessons
Monday - Friday	12:30 pm- 4:30 pm	Public Swim
Monday - Friday	4:30 pm - 6:30 pm	Swim Team Practice
Monday - Friday	6:00 pm - 6:30 pm Small End only 6:30 pm - 7:45 pm	Public Swim
Saturday - Sunday	12:00 pm - 7:45 pm	Public Swim

Daily Admission	Resident Fees	Non Resident Fees	Passes	Resident Fees	Non Resident Fees
Child 3 - 17	\$2.00	\$4.00	Individual	\$15.00	\$30.00
Adult 18 - 59	\$4.00	\$8.00	Family	\$25.00	\$50.00
Senior 60+	\$0.00	\$4.00	Senior 60+	\$0.00	\$30.00

**McCUTCHEON PARK @ CRYSTAL LAKE 860.343.8010**

Swimming for Middletown Residents only.

McCutcheon Park is located on Livingston Road in Middletown.

Dates of Operation: Monday, June 22 - Friday, August 16

Public Swim: Every day 10:00 am until 7:00 pm.

Middletown Residents please show your license to the lifeguards on duty.



# CITY OF MIDDLETOWN'S SKATING RINK AT VETERANS MEMORIAL PARK

## SUMMER SKATE

JULY 12 & 26   AUGUST 2 & 16

12:00 pm – 4:00 pm

WINTER RINK PASS IS STILL VALID

### RINK ADMISSION FEES

#### Middletown Residents:

Adults \$5.00

Kids \$3.00

#### Non-Residents:

Adults \$8.00

Kids \$3.00

#### Season Pass (includes skate rental):

Resident Family Pass \$25.00

Resident Individual Pass \$15.00

Resident Senior Pass Free

Nonresident Family Pass \$50.00

Nonresident Individual Pass \$30.00

Nonresident Senior Pass \$15.00

Skate Rental \$4.00 for non season pass holders

Rink Rental: \$125 an hour - This rate includes one staff person.

Any additional staff will be charged at \$15 per hour.

For groups of 15 or more during operational hours: \$4/person all-inclusive.



## YOUTH SWIM LESSONS



- If space is available, nonresident registrations will be accepted, beginning April 1, 2020.
- **Swim Registration will be cut off at 4:00 PM the Friday before the lesson begins.**
- To participate in a swim program, the child must be the eligible age by December 31, 2020.
- Parents are asked not to stay in the pool area during swim lessons except for the Tots and Adults class.
- There are picnic tables next to the wading pool, which is open during swim lessons.

### TOTS & ADULTS Ages 2 - 3

11:35 am - 12:05 pm Activity # 133108 11, 12, 13, 14

This class is designed to help children become comfortable in the water & develop a willingness to swim. Skill emphasis is on entering & exiting, safety, & movement through the water. An adult must participate with their child. Swim Diapers ONLY.

### TOTS Ages 4 - 5

**Dates:** Class available Sessions 1 thru 4 or Saturdays June 23 -August 11

11:00 - 11:30 am Activity # 133108 21, 22, 23, 24

11:35 am - 12:05 pm Activity # 133108 25, 26, 27, 28

**Saturday Session:** 12:00 - 12:30 pm Activity #133108 29

This class is designed to help children adjust to the water and acquire confidence through kicking, arm movements, wing bubbles, jumping and floating skills.

**Participants must be toilet trained.**

### LEVEL ONE Ages 6 to 13

9:00 - 9:35 am Activity # 133108 31, 32, 33, 34

9:40 - 10:15 am. Activity # 133108 35, 36, 37, 38

10:20 - 10:55 am Activity # 133108 39, 40, 41, 42

Skill emphasis is on front & back crawl strokes, rhythmic breathing, gliding, treading water, floating, and safety.



### LEVEL TWO Prerequisite: pass Level One

9 :00 - 9:35 am Activity # 133108 50, 51, 52, 53

9:40 - 10:15 am Activity # 133108 54, 55, 56, 57

10:20 - 10:55 am Activity # 133108 58, 59, 60, 61

Emphasis is on refining Level One skills, intro to elementary backstroke, breast-stroke, safety skills and use of equipment.

### LEVEL THREE Prerequisite: pass Level Two

10:00 - 10:45 am Activity # 133108 70, 71, 72, 73

11:00 - 11:45 am Activity # 133108 74, 75, 76, 77

Review of safety skills and equipment, intro to sidestroke & butterfly, endurance in front & back crawl breaststroke.

### LEVEL FOUR Prerequisite: pass Level Three

9:00 - 9:45 am Activity # 133108-80, -81, -82, -83

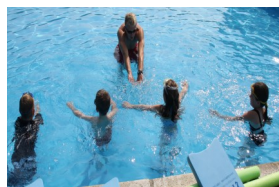
### Session Dates: Activity # 133108

**Session 1:** June 22 - July 3

**Session 2 :** July 6 - July 17

**Session 3 :** July 20 - July 31

**Session 4:** August 3 - August 14



#### Fees

1st Child

2nd Child

Additional Child

#### Resident

\$40/session

\$20/session

\$10/session

#### Nonresident

\$80/session

\$80/session

\$80/session



# SWIM REGISTRATION FORM



Swim Registration deadline is 4:00 pm the Friday before the lesson begins.

No refunds will be issued after the lesson begins.

Name: \_\_\_\_\_

First

Last

DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_ Age: \_\_\_\_ Gender: \_\_\_\_

Street Address: \_\_\_\_\_

New Address? \_\_\_\_\_ Home Phone: \_\_\_\_\_-\_\_\_\_\_-\_\_\_\_\_

## Voluntary Demographic Information

Race or Ethnic Group :

☐ White/Caucasian ☐ Black/African American

☐ Asian ☐ Two or more races

☐ Hispanic/Latino ☐ American Native or Alaskan Native

☐ Native Hawaiian or other Pacific Islander

## Parent Legal Guardian 1st Contact:

Name: First \_\_\_\_\_ Last \_\_\_\_\_

Street Address: \_\_\_\_\_

Work Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone: 1 \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

2 \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

## Parent Legal Guardian 2nd Contact:

Name: First \_\_\_\_\_ Last \_\_\_\_\_

Street Address: \_\_\_\_\_

Work Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone: 1 \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

2 \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

## Parent Legal Guardian 3rd Contact:

Name: First \_\_\_\_\_ Last \_\_\_\_\_

Street Address: \_\_\_\_\_

Work Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Phone: 1 \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

**MEDICAL RELEASE/PARENTAL PERMISSION FORM:** I hereby give permission for my child to participate in Recreation and Community Services Swim Program.

In the event photos are taken, I hereby give permission for the Recreation and Community Services Department to use said photos in promotional literature, including but not limited to social media, brochures, and flyers. I understand and agree that swimming programs can be physically demanding, but I feel my child has the physical ability needed to participate.

In the event of an emergency and the Parent/Guardian cannot be reached, I hereby give permission for my child to be transported to Middlesex Hospital or any nearby medical facility. It is hereby understood and agreed that I shall assume full financial responsibility for any costs beyond that which is covered by my health insurance. To the fullest extent permitted by law, I agree to indemnify and hold harmless the City of Middletown and its employees from any injuries or damages caused by or resulting from participation in this program. A photocopy of this waiver form with my signature shall be considered as valid as the original.

**REFUND POLICY:** I understand and agree that no refunds will be given after the lesson starts or for circumstances beyond the control of the Recreation and Community Services Department (e.g. weather, vandalism).

**PARTICIPATION RULES :** I hereby agree that I have read & will abide by the Participation Rules outlined on our website & also available in our office.

## Required

Parent / Legal Guardian

Signature :

\_\_\_\_\_

Please turn the page to complete the application!

=====

Office use only:

Date \_\_\_\_\_

Staff Initials \_\_\_\_\_

\$ Rcvd. \_\_\_\_\_ Cash

Check# \_\_\_\_\_ Credit Card \_\_\_\_\_



# SWIM REGISTRATION FORM CLASS CHOICE

PLEASE X YOUR 1<sup>ST</sup> AND 2<sup>ND</sup> CHOICES FOR SWIM LESSONS

Tots and Adults—Ages 2 & 3 (select 1st & 2nd Choice)

1 <sup>st</sup>	2 <sup>nd</sup>	Section	Dates	Days	Time
		11	6/22 -7/3	M - F	11:35 - 12:05
		12	7/6 -7/17	M - F	11:35 - 12:05
		13	7/20 -7/31	M - F	11:35 - 12:05
		14	8/3 - 8/14	M - F	11:35 - 12:05

Tots—Ages 4 & 5 (select 1st & 2nd Choice)

1 <sup>st</sup>	2 <sup>nd</sup>	Section	Dates	Days	Time
		21	6/22 -7/3	M - F	11:00 - 11:30
		22	7/6 -7/17	M - F	11:00 - 11:30
		23	7/20 -7/31	M - F	11:00 - 11:30
		24	8/3 - 8/14	M - F	11:00 - 11:30
		25	6/22 -7/3	M - F	11:35 - 12:05
		26	7/6 -7/17	M - F	11:35 - 12:05
		27	7/20 -7/31	M - F	11:35 - 12:05
		28	8/3 - 8/14	M - F	11:35 - 12:05

Tots—Ages 4 & 5—Saturday (select 1st & 2nd Choices)

1 <sup>st</sup>	2	Section	Dates	Days	Time
		29	6/20 - 8/8	Sat.	12:00 – 12:30

Level One Ages 6—13 (select 1st & 2nd Choices)

1 <sup>st</sup>	2 <sup>nd</sup>	Section	Dates	Days	Time
		31	6/22 -7/3	M - F	9:00 – 9:35
		32	7/6 -7/17	M - F	9:00 – 9:35
		33	7/20 -7/31	M - F	9:00 – 9:35
		34	8/3 - 8/14	M - F	9:00 – 9:35
		35	6/22 -7/3	M - F	9:40 – 10:15
		36	7/6 -7/17	M - F	9:40 – 10:15
		37	7/20 -7/31	M - F	9:40 – 10:15
		38	8/3 - 8/14	M - F	9:40 – 10:15
		39	6/22 -7/3	M - F	10:20 – 10:55
		40	7/6 -7/17	M - F	10:20 – 10:55
		41	7/20 –7/31	M - F	10:20 – 10:55
		42	8/3 - 8/14	M - F	10:20 – 10:55

Level Two Ages 6—13 (select 1st & 2nd Choice)

1 <sup>st</sup>	2 <sup>nd</sup>	Section	Dates	Days	Time
		50	6/22 -7/3	M - F	9:00 – 9:35
		51	7/6 -7/17	M - F	9:00 – 9:35
		52	7/20 -7/31	M - F	9:00 – 9:35
		53	8/3 - 8/14	M - F	9:00 – 9:35
		54	6/22 -7/3	M - F	9:40 – 10:15
		55	7/6 -7/17	M - F	9:40 – 10:15
		56	7/20 -7/31	M - F	9:40 – 10:15
		57	8/3 - 8/14	M - F	9:40 – 10:15
		58	6/22 -7/3	M - F	10:20 – 10:55
		59	7/6 -7/17	M - F	10:20 – 10:55
		60	7/20 -7/31	M - F	10:20 – 10:55
		61	8/3 - 8/14	M - F	10:20 – 10:55

Level Three Ages Up to 13 (select 1st & 2nd Choice)

1 <sup>st</sup>	2 <sup>nd</sup>	Section	Dates	Days	Time
		70	6/22 -7/3	M - F	10:00– 10:45
		71	7/6 -7/17	M - F	10:00– 10:45
		72	7/20 -7/31	M - F	10:00– 10:45
		73	8/3 - 8/14	M - F	10:00– 10:45
		74	6/22 -7/3	M - F	11:00 – 11:45
		75	7/6 -7/17	M - F	11:00 – 11:45
		76	7/20 -7/31	M - F	11:00 – 11:45
		77	8/3 - 8/14	M - F	11:00 – 11:45

Level Four Ages Up to 13 (select 1st & 2nd Choices)

1 <sup>st</sup>	2 <sup>nd</sup>	Section	Dates	Days	Time
		80	6/22 -7/3	M - F	9:00 – 9:45
		81	7/6 -7/17	M - F	9 :00 – 9:45
		82	7/20 -7/31	M - F	9 :00 – 9:45
		83	8/3 - 8/14	M - F	9 :00 – 9:45

Swim Team

	Section	Dates	Days	Time:
	Swim Team	6/1 - 8/2	M-F	See page 13

# CRYSTAL LAKE HAPPENINGS

McCUTCHEON PARK @ CRYSTAL LAKE 860.343.8010

Swimming for Middletown Residents only.

McCutcheon Park is located on Livingston Road in Middletown.

Dates of Operation: Monday , June 22 - Sunday, August 16

Public Swim: Every day 10:00 am until 7:00 pm.

Middletown Residents please show your license to the lifeguards on duty.



## GRAND OPENING OF CRYSTAL LAKE

### COME CELEBRATE

SUNDAY JUNE 28

LOTS OF RENOVATIONS AND A NEW PLAYGROUND

Come swim, play games, play on moon bounces, and have a picnic with us!!

Bring a picnic dinner or have hot dogs, hamburgers, and chips with us from 1:00 pm - 5:00 pm.

Public Swim - 11:30 am until 7:00 pm.



## COME CELEBRATE

### NATIONAL SANDCASTLE AND SCULPTURE DAY!

Friday, August 7

Last day of Swimming at Crystal Lake 5:30 pm - 7:30 pm

FREE FOR ALL AGES!

Let's build sandcastles of all shapes and sizes.

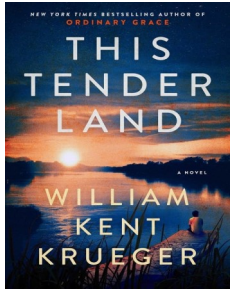
Beach Games, Moon bounces, and Volleyball.

Bring a picnic dinner or have hot dogs , hamburgers, and chips with us from 5:30 pm - 7:00 pm.



Interested in booking this facility, please call the Parks Department  
at 860.638.4520 from 7:00 am — 3:00 pm.





### Book Yak on a Kayak

Friday, June 6 9:45 am - 11:30 am

Please arrive by 9:45 am. We will leave the dock promptly at 10:00 am.

Rain cancels the event.

Russell Library and the Middletown Recreation are partnering for a one of a kind book discussion. Meet us at Crystal Lake in Middletown to discuss *This Tender Land* by William Kent Krueger. The discussion will take place on the water aboard kayaks or canoe.

### Book Yak on a Kayak

Friday, July 31 9:45am -11:30 am

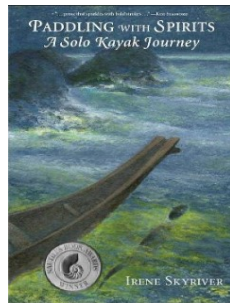
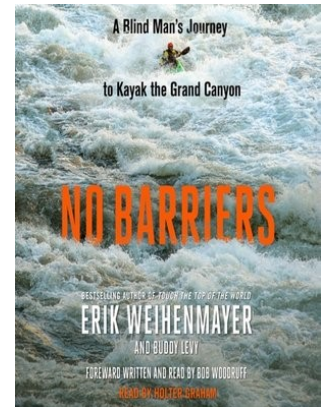
Please arrive by 9:45 am. We will leave the dock promptly at 10:00 am.

Rain cancels the event.

Russell Library and the Middletown Recreation are partnering for a one of a kind book discussion. Meet us at Crystal lake in Middletown to discuss

*No barriers : a blind man's journey to kayak the Grand Canyon*, by Erik Weißenmayer.

The discussion will take place on the water aboard kayaks or canoe.



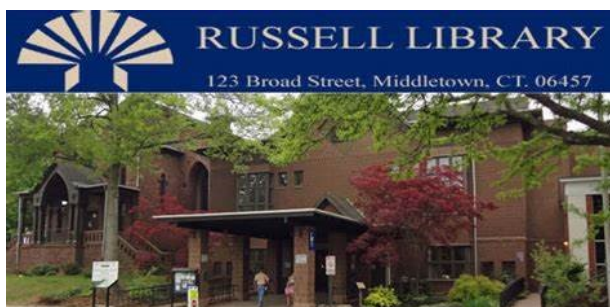
### Book Yak on a Kayak

Friday, August 21 9:45 am -11:30 am

Please arrive by 9:45 am. We will leave the dock promptly at 10:00 am.

Rain cancels the event.

Russell Library and the Middletown Recreation are partnering for a one of a kind book discussion. Meet us at Crystal Lake in Middletown to discuss '*Paddling with Spirits: A Solo Kayak Journey*,' by Irene Skyriver. The discussion will take place on the water aboard kayaks or canoe.



<https://www.ct.gov/deep/cwp/view.asp?A=2686&Q=382696>

244 Livingston Road, Middletown, CT

Registration is required for all paddlers. Participants may bring their own paddle craft/personal floatation device.

A limited number of kayaks/canoes are available. To reserve one, please e-mail Christy Billings: [cbillings@russelllibrary.org](mailto:cbillings@russelllibrary.org)

Copies of the books are available at the Borrowing Desk at Russell Library.

A big thank you to the Middletown Recreation, for partnering with us for this unique book discussion.

Sponsored by Middletown Recreation and the Friends of the Russell Library.

## VETERANS MEMORIAL POOL HAPPENINGS MOVED TO THE LAKE

### MOVED TO CRYSTAL LAKE FOR THIS SUMMER

All ages!!

Saturday, August 15 NO RAIN DATE

7:00 pm arrival

Crafts from 7:00 - 8:00 pm

8:00 pm movie starts on the grassy area.

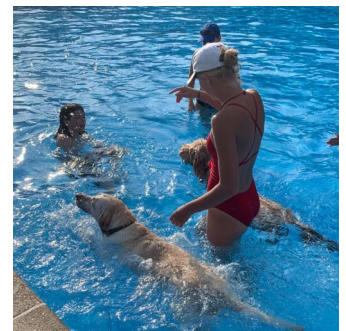
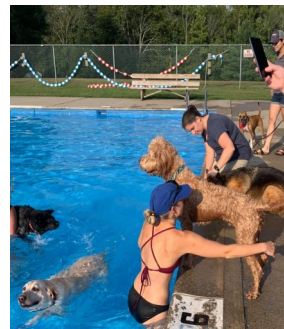


### FREE PUPPY PLUNGE

Sunday, August 16

5:00 pm - 7:00 pm

Last Day of public swim at the lake for the season. Please consider bringing a monetary donation for Middletown Animal Control.



### CUPCAKES, COOKIES, & CANVASES

7+ may be dropped off, or come as a family & paint together.

Fee: \$10 resident      \$15 nonresident

6:00 pm - 7:30 pm

### STILL AT VETERANS MEMORIAL PARK

Friday, June 19      Trees of Honor



Interested in booking this park, please call the Parks Department  
at 860.638.4520, from 7:00 am — 3:30 pm.



# Vet's Swim Team



- Fun
  - Instructional
  - Competitive
- Ages 5 - 18

## Registration Number:

233108

Please use

Swim Registration Form

**Resident:** \$125

**Nonresident:** \$145

Swimmers are required to complete one 25 yard length of the pool prior to joining.

Fees cover preseason and regular season.



## Preseason

June 2 to June 18

Tuesdays, Wednesdays & Thursdays

5:00 pm - 7:00 pm

Woodrow Wilson Middle

## Regular Season



**Monday, June 1**

**Swim Team**

**Parent meeting**

**6:00 pm - 7:30 pm**

**Senior & Community**

**Center Café**

**Email:** Vetsswimteam@gmail.com

**Meets:** Primarily on weekday evenings

- Additional practices may be scheduled
- Goggles recommended



## Diving Practice

Thursdays

@ 5:45 pm

June 25 &

July 2 — 30

**MHS POOL**



## **SOUTH FARMS TRACK CLUB**

**Athletes entering grades 5 - 12**

**Monday, Wednesday, and Saturday**

Session 1 June 15 - July 11

Session 2 August 3 - August 22

**Mondays & Wednesdays**

Grades 5 - 8 5:00 pm - 6:30 pm

Grades 9 - 12 6:30 pm - 8:00 pm



AND

**Saturdays**

Grades 5 - 8 8:00 am - 9:30 am

Grades 9 - 12 9:30 am - 11:00 am

Woodrow Wilson Track, Zoar Park, Mattabesett Trail on Cedar Lane

Fee: \$80 resident \$90 nonresident

Athletes will learn the fundamentals of Cross Country Running while developing their understanding of "healthy living" and fostering a love of the outdoors.

All registered athletes of the South Farms Track Club will receive discounts to a variety of road races directed by JB Sports and be eligible for USATF team competitions.

Instructor: Christopher Stonier southfarmstc@gmail.com

Registration Number: 331102

Please bring a water jug!!

Chris Stonier is the head coach of the Cross Country and Track & Field programs at Xavier High School. His journey began back in 2007 when he created Branford's youth running program, and he has since led his Xavier athletes to five state championships and one New England championship. In 2017, the team competed at the Nike Cross National race in Portland, Oregon.

## **NY YANKEES BASEBALL**

Yankee Stadium

Sunday, July 26

Game times are 7:05pm for both games

Boston Red Sox vs NY Yankees

Fee: \$299 a person

Bus will leave from Cheshire Community Lot off Route 66.



Includes:

- RT motorcoach transportation
- Audi Suite indoor seating



Enjoy elegant indoor seating, sweeping views of the playing field through floor-to-ceiling windows. In keeping with the living museum that is Yankee Stadium, images of Yankee greats adorn the club, as do Sony high-definition televisions.

Performance cooking stations and a magnificent dessert station complete this all you can eat gourmet dining experience.

# SUMMER YOUTH DAY CAMP PROGRAM INFORMATION

## HOW TO REGISTER FOR YOUTH DAY CAMP:

Mail or Walk in: Use Youth Day Camp Registration Form

Online: Visit [www.middletownct.gov/webtrac](http://www.middletownct.gov/webtrac)

Residents Only

Registration closes in the **office by 4:00 pm the Wednesday** before the program begins and online registrations close **online at 11:59 pm the Wednesday** before the program begins. Providing that spaces are still available. Participants are only registered for weeks that are paid for.

## **NO BUSSING FOR THE SUMMER OF 2020**

Busses depart Palmer Field at 7:50 am & depart from each camp site at 3:30 pm.

Bussing additions and changes **MUST** be made the **WEDNESDAY** before the enrolled week of camp starts.

All changes must be done via email at [rec@middletownct.gov](mailto:rec@middletownct.gov).

**Pick up and drop off stops listed below:**

**Bus # 1** (Bus will stop at each camp )

Bielefield School - Maynard Street

Farm Hill School - Ridge Road

Forge Square - Pameacha Avenue

Corner of Green Street & deKoven Drive

Corner of Grove & Stack Streets

Maplewood Terrace

Palmer Field - Washington Street

Traverse Square - Williams Street

Vinal Tech - Daniels Street

Woodbury Circle

**Bus #2** (Bus will stop at each camp )

Highlands Circle - Blacktop

Moody School Country Club Road

Palmer Field - Washington Street

Plaza Drive - Lower

Rose Circle & Newfield Street

Snow School - Wadsworth Street

Spencer School - Westfield Street

Corner of Town Colony & Westlake

**We accept:** Cash, check, money orders, and debit/credit cards (MasterCard or Visa).

**Financial Aid:** Camp fees may be waived if you are eligible for Temporary Aid to Needy Families (TANF). The Recreation Division participates in the State of CT Care4Kids program as a provider and has limited scholarships. Please call 860.638.4500 for more information.

## **CHANGES/CANCELLATIONS:**

All cancellations or changes (bussing or camp) must be in writing by the Wednesday prior to the programs start. Please email [rec@middletownct.gov](mailto:rec@middletownct.gov) with the child's name and program. NO refunds will be given if this process is not followed. There is a \$25 processing fee for refunds. For department policies, please read our participant handbook **ONLINE**.

Camp Schedules and Bus Routes will be emailed prior to the start of the summer camp. They are also available for pickup in hard copy from our office and our city website in the beginning of June.

## **MEDICAL/INSURANCE POLICY:**

City of Middletown has liability insurance but does not carry accident insurance. Personal health and accident insurance is recommended. All parents/guardians must sign our Medical Release/Parental Permission form.

**LATE FEE:** If a camp participant is picked up late, there is a \$10 charge for every 10 minutes, for each participant. The charge will be posted to your account and you will need to pay before you can register for another program. If participants are picked up late more than twice, they may be dismissed from camp.

Week	Dates Monday - Friday	8:00 am - 4:00 pm	Fee 1st child	Sibling Discount	Camp Crystal Fee	Camp Crystal Sibling Discount
1	<b>CANCELLED</b>	8:00am-4:00pm	\$80	\$60	\$95	\$75
2	June 29 - July 2	8:00am-4:00pm	\$68	N/A	\$80	N/A
3	July 6 - 10	8:00am-4:00pm	\$80	\$60	\$95	\$75
4	July 13 - 17	8:00am-4:00pm	\$80	\$60	\$95	\$75
5	July 20 - 24	8:00am-4:00pm	\$80	\$60	\$95	\$75
6	July 27 - July 31	8:00am-4:00pm	\$80	\$60	\$95	\$75
7	August 3 - 7	8:00am-4:00pm	\$80	\$60	\$95	\$75
8	August 10 - 14	8:00am-4:00 pm	\$80	N/A	N/A	N/A

YOUTH DAY CAMPS			Sites may be subject to change		
Registration #	Camp Name	Weeks	For participants born in	Site	Times
133301	Safety Time	3 & 5 Only	Entering Kindergarten	Bielefield	9:00am - 3:00pm
133303	Good Time	2 - 7	Born in 2005 — 2015	Farm Hill	8:00am - 4:00pm
133306	Fun Time	2 - 7	Born in 2005 — 2015	Snow	8:00am - 4:00pm
133305	Play Time	2 - 7	Born in 2005 — 2015	Moody	8:00am - 4:00pm
133308	Camp Crystal	2 - 7	Born in 2009— 2015	Crystal Lake	8:00am - 4:00pm
133310	Late Summer Fun	8	Born in 2005 — 2015	Farm Hill	8:00am - 4:00pm

We are aware of the significant need among many of our residents, we are committed to offering summer childcare for working families. At the same time, circumstances dictate that the programming we are able to offer will not be the same summer camp experience we are used to. We are working closely with the Connecticut Office of Early Childhood and the Middletown BOE to come up with a detailed plan, and hope that we will be able to retain much of the spirit, if not all the activities, Recreation summer camps so special. We will share any and all info with families, as it becomes available. Registration is open and will remain open reason we are unable to provide summer childcare or you no longer want to enroll, you will receive a full refund. The number of overall participant slots must be reduced due to staffing and facility constraints. The city will unfortunately be unable to provide transportation for summer programs. Again, we are hopeful and committed to providing childcare this summer and will continue to compile all the guidelines to design a safe program for our families and staff.

Middletown Recreation Youth Day Programs are not Connecticut State licensed day camp programs.

Staff members are teachers, paraprofessionals, nurses, college, and high school students.



## Middletown Recreation & Community Services

Middletownct.gov/Recreation  
Summer Youth Day Camp  
Junior Counselor Program



**FOR THE SUMMER  
OF 2020  
WE WILL NOT BE  
OFFERING  
THIS PROGRAM.**

- ◇ Camp starts June 22 and runs for seven consecutive weeks ending August 7. Camp is five days a week and runs from 9:00 – 3:30pm. There are camps at Bielefield, Spencer, Moody, Snow, Farm Hill, and Crystal Lake.
- ◇ This summer experience will help foster leadership, motivational skills, character development, appropriate decision making, communication, and working professionally with staff, families, and children.
- ◇ During the summer, Junior Counselors will be trained to work with participants with guidance from other staff and recreation supervisors.
- ◇ Please complete the Youth Day Registration form, there is no online registration for junior counselors. Please call Karen to schedule an appointment with all completed paperwork, including two letters of recommendation from teachers or coaches to your registration.
- ◇ Sign up for a minimum of three weeks. You will start at two days a week and it could increase with your site director's positive recommendations.
- ◇ Most sites swims once a week and goes on one field trip off site each week.
- ◇ **NO Junior Counselor applications will be accepted after mandatory training.**
- ◇ Fee: \$15 a week
- ◇ All applicants must be born in 2004 or 2005.

### Mandatory Orientation

Tuesday, June 2

4:00 pm - 8:00 pm

Or

Saturday, June 6

8:00 am—12:00 pm

Senior and Community Center

61 Durant Terrace

### For more information

please contact Karen Nocera

860.638.4502

karen.nocera@middletownct.gov





### **VIRTUAL SENSORY SCIENCE**

May 5 - 26 Tuesdays 11:00 am –11:30 am

KIDSCAPADES will provide a list of materials and a link for you to join us for a live science class or it will be recorded for on demand to participate when the time works best for your family! For the sensory portion, a materials list will be provided for children to create their own sensory bins to explore outside of our class time.

Fee : \$25.00 residents \$30 nonresidents for 4 weeks

Registration Number: 360360



### **VIRTUAL SIZZLING SCIENCE**

May 5 - 26 Tuesdays 3:00 pm – 3:30 pm

A virtual science class where KIDSCAPADES will mix, pop, and fizz our way through hands-on engaging experiments! We will provide a list of materials and a link for you to join us for a live science class or it will be recorded for on demand to participate when the times works best for your family.

Fee : \$25.00 residents \$ 30 nonresidents for 4 weeks

Registration Number: 360360

### **VIRTUAL ADVENTURELAND**

Ages 4 – 8 Friday 9:00 am - 9:30 am July 10, 17, 24, 31

Each week will be focused on fantastical adventures! Children will transform themselves into pirates as they go in search of treasures. Fairies as they create beautiful fairy projects. They will tap into their inner rock star. Oh, and of course become paleontologists and dig for dinosaur fossils. Incorporated into camp are areas of art, sensory, science and games! Join us for adventures of epic proportions! A materials list and link will be provided.

Fee: \$ 30 resident family \$ 35 nonresident family

Registration Number: 360360

### **VIRTUAL PRINCESS DAYS**

Ages 3 – 7 Friday 10:00 am - 10:30 am July 10, 17, 24, 31

Every girl dreams of being a princess. Each week a different Disney Princess will be explored inside our castle walls. Everything princess from art projects to games. If your child loves princesses , this camp is the perfect choice! \$30.00. A materials list and link will be provided.

Fee: \$ 30 resident family \$ 35 nonresident family

Registration Number: 360360

## GEORGE RODRIGUE'S BLUE DOG POP ART THURSDAY, MAY 14

George Rodrigue's Blue Dog: Create a pop art dog based on the artist's famous blue dog. The class takes students through a step by step instruction with a professional, working artist about how to draw the animal then how to make their own pop art creation using bright, vivid colors.

## ALBRECHT DURER 'S RENAISSANCE THUSDAY, MAY 21

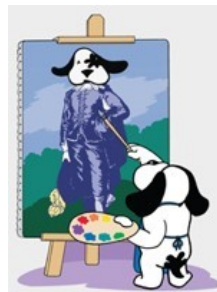
Albrecht Durer's "Little Owl." This lesson is similar in that it is a step drawing lesson led by a professional, working artist who has shown in galleries throughout CT and NY as well as Tennessee.

It also teaches how to add realistic textures and colors, similar to those employed by the artist during the renaissance period.

9:30 am for Twoosy Doodlers (18-36 months)

10:30 am for Mini doodlers (3-5 years)

12:30 pm for Doodlers (6+)



**PLEASE PREREGISTER #175175**

<https://webtrac.middletownct.gov/wbwsc/webtrac.wsc/splash.html>

To be prepared, you may want to have the following materials ready for when class starts!

- Crayons. If you don't have crayons, colored pencils or markers could work, but crayons will be the best medium. It could be fun to mix mediums, so you could have crayons AND color pencils if you'd like. George Rodrigue's dog was blue, but if your child wishes to make your dog another color, we welcome that!
- Paper. A simple piece of 8 ½ X 11 paper should be fine since this is a drawing lesson. White or a neutral piece construction paper could also work.

Twoosy Doodlers should have a precut circle, a larger oval, and smaller ovals for dog ears.

We also want to incorporate scribbling and color play.



### LOOK FOR MORE ~ PROGRAMS COMING SOON

- It's fun! Art classes, camps and events are FUN and great learning experiences!
- It develops skills! Kids develop skills related to school success.
- It encourages craftsmanship! Kids develop a personal artistic style.
- It builds self confidence and creativity! Kids convey their ideas creatively!
- It's always new! It's always a new learning adventure!

[bballou@abrakadoodle.com](mailto:bballou@abrakadoodle.com)

[Abrakadoodle.com/ct-central-connecticut/](http://Abrakadoodle.com/ct-central-connecticut/)



## **VIRTUAL PRE BALLET**

Ages 3 - 5

Tuesdays 10:00 am

June 23, 30, July 7, and July 14

Fee per session: \$40 resident \$45 nonresident

PLEASE PREREGISTER AT

<https://webtrac.middletownct.gov/wbwsc/webtrac.wsc/splash.html>

Registration Number: 340340

New Instructor: PATIENCE COLEMAN

Please wear a leotard and tights or clothes you can easily move in and a pair of ballet shoes, but since you will be dancing from at home socks or ballet shoes are great.



## **Look for Mini Free Libraries**

**popping up soon,**

**at Middletown Parks.**

**Thank you to Girl Scout Troop 62109.**



## **Virtual Rowing and Fitness Classes**

Registration # 111050 \$ 5 per session for residents \$ 7 per session for nonresidents

Must be preregistered, so we can send you the link for class.

Session 1: May 18, 19, 21 Session 2: May 26, 28 (no Memorial Day)

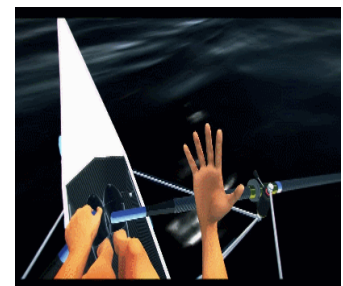
Session 3: June 1, 2, 4 Session 4: June 8, 9 (no class on the 11th)

Session 5: June 15, 16, 18 Session 6: June 22, 23, 25

Session 7: June 29, 30, July 2

Class times: 5:30 pm - 6:30 pm

Are you a rower looking to stay active during our time off the water OR just interested in getting in shape? Join our Central Connecticut Rowing Zoom Fitness Classes, held through the Middletown Recreation Department! Each hour-long session will have a combination of stretching, bodyweight exercises and cardio to keep you fit during your time at home. A rowing machine is suggested, but not necessary to take part in this class. Stay connected to teammates and meet new ones as we gear up for summer rowing on the river!





**FRIDAY NIGHT BINGO** All Ages Welcome

Friday, September 25 **Back to School Bingo**

Friday, October 9

Friday, November 20 **Turkey Bingo**

Doors open at 5:00 pm. Games start promptly at 5:30 pm.

Bingo from 5:30 pm - 7:00 pm Pizza 7:00 —7:30 pm

Senior & Community Center Registration Number: 547060

Preregistration Fee: \$ 4 per person: Includes 2 bingo cards and pizza.

On-site registration or nonresident Fee: \$ 6 per person: Includes 2 bingo cards and pizza.

You can buy additional cards for \$0.50 each.

Enjoy a night of bingo with your family with great bingo prizes! Maximum of 85 participants!

All participants 16 and under must be accompanied by an adult.



**SATURDAY MORNING BREAKFAST BINGO** All Ages Welcome

Saturday, November 7

Doors open at 9:45 am

Breakfast and Games start promptly at 10:00 am

Eat and play Bingo until 11:30am

Senior & Community Center Registration Number: 547060

Preregistration Fee: \$ 4 per person: Includes 2 bingo cards and breakfast.

On-site registration or nonresident Fee: \$ 6 per person: Includes 2 bingo cards and breakfast.

You can buy additional cards for \$0.50 each.

Enjoy a night of bingo with your family with great bingo prizes! Maximum of 85 participants!

All participants 16 and under must be accompanied by an adult.



## School's Out Program

Ages 5 to 13 7:30 am - 4:00 pm

Fee \$24 Residents \$36 Nonresidents

Nonresidents may register for the "Schools Out" Programs!

Registration Number: 120120

No bus transportation.

Enjoy a day of games, arts, & crafts, and more! Please bring your own snack, lunch, and drinks.

Wear comfortable clothes and sneakers!!

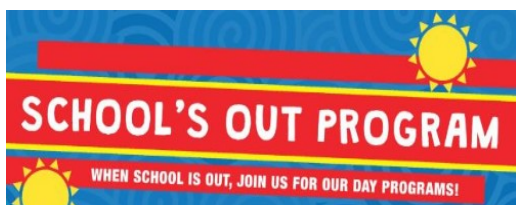


NO SCHOOL	EVENT	DATE	DAY	SITE
ELECTION DAY	CAMP	NOVEMBER 3	TUESDAY	FARM HILL
HOLIDAY RECESS	CAMP	DECEMBER 28	MONDAY	FARM HILL
HOLIDAY RECESS	CAMP	DECEMBER 29	TUESDAY	FARM HILL
HOLIDAY RECESS	CAMP	DECEMBER 30	WEDNESDAY	FARM HILL
WINTER RECESS	CAMP	FEBRUARY 16	TUESDAY	SNOW
WINTER RECESS	CAMP	FEBRUARY 17	WEDNESDAY	SNOW
SPRING RECESS	CAMP	APRIL 5	MONDAY	SPENCER
SPRING RECESS	CAMP	APRIL 6	TUESDAY	SPENCER
SPRING RECESS	CAMP	APRIL 7	WEDNESDAY	SPENCER
SPRING RECESS	CAMP	APRIL 8	THURSDAY	SPENCER
SPRING RECESS	CAMP	APRIL 9	FRIDAY	SPENCER

HOLIDAY RECESS	MOVIES	DECEMBER 29	TUESDAY	METRO MOVIES
HOLIDAY RECESS	REC SWIM	DECEMBER 30	WEDNESDAY	WWMS POOL

WINTER RECESS	MOVIES	FEBRUARY 16	TUESDAY	METRO MOVIES
WINTER RECESS	MANES IN MOTION	FEBRUARY 16	TUESDAY	MANES IN MOTION
WINTER RECESS	REC SWIM	FEBRUARY 17	WEDNESDAY	WWMS POOL

SPRING RECESS	MANES IN MOTION	APRIL 6	TUESDAY	MANES IN MOTION
SPRING RECESS	MOVIES	APRIL 8	THURSDAY	METRO MOVIES
SPRING RECESS	REC SWIM	APRIL 9	FRIDAY	WWMS POOL



These dates may be subject to change,  
if the Middletown Public Schools  
Calendar changes.



## JOIN US FOR OUR WATER SAFETY PRESENTATION

### AT THE DOWNTOWN MIDDLETOWN

#### HEALTH AND SAFETY DAY

The Earth is 71% water... Children are 100% curious.

Saturday, May 16

10:00 am - 2:00 pm



## DOWNTOWN MIDDLETOWN HEALTH AND SAFETY DAY

Middletown Health Department    Middletown Recreation Division

Middletown Police Department    Middletown Fire Departments

Saturday, May 16 10:00 am - 2:00 pm

Bring your entire family to enjoy a day of information, entertainment, and fun!

The Kiwanis Club of Middletown Bicycle Safety Rodeo

- Bike safety check test and teach safe biking skills
- Free helmets - first come, first served for those who bring their bicycle for a bike safety check.



## SPACE NIGHTS AT THE OBSERVATORY

Wednesdays: June 3, June 17, July 1, July 15 (all 8pm) Times: 8:00 pm

Van Vleck Observatory at Wesleyan    96 Foss Hill Drive, Middletown



Join us to learn about what's up in the night sky. Each Space Night starts with a half-hour interactive presentation by a member of our department (astronomy majors, graduate students, or faculty) on a topic of space news or recent discoveries in astronomy, followed by observing through the telescopes when it's clear. Aimed at high school level and above, but all visitors are welcome.

## KIDS NIGHT AT THE OBSERVATORY

Fridays: June 5, June 19, July 10\*, July 17 (all 8pm)

Times: 8:00 pm    Van Vleck Observatory at Wesleyan    96 Foss Hill Drive, Middletown



Join us for kid-friendly space-related activities led by Wesleyan students, including stargazing with the campus telescopes when it's clear. Aimed at elementary school ages, but open to all.

## LOOK FOR THESE UPCOMING FALL AND WINTER PROGRAMS

Pumpkin Decorating    October 4

Fall Festival

October 17

Hot Shot Contest    November 7

Pictures with Santa

December 12

Family Holiday Fun    December 12

SAVE  
THE  
DATE

For more outdoor films check out Films on Foss on July 11th, 25th, and August 8th

<http://www.FilmsOnFoss.com> and Twitter: @FilmsOnFoss for movie info

and weather updates.





## CURIOUS CREATURES

All Ages

**Saturday, September 26 NEW DATE!**

10:30 - 11:30 am

Senior & Community Center

Fee: \$3 resident \$5 nonresident



Curious Creatures staff of exhibitors teach respect and appreciation for exotic and unusual animals. The presentation is hands on, interactive and includes interesting facts & stories about curious creatures.

Registration Number: 312260



## GOOP, GAK, SLIME & MORE

Ages 4 - 10

**Saturday, June 6 NEW DATE AND TIME!**

2:00 pm — 3:00 pm

Senior & Community Center

Fee: \$5 resident \$7 nonresident

Squish, splash, smash, squelch, splash, slime, drop, smear, spray, and ooze are some of the things we will do/hear during this fun hands-on program. Children are doing many things at once when engaged in discovering, investigating, interpreting, and even collaborating. Active learning through messy play. What child doesn't want to get slimed or at the least play with it? Each day we will make a new a group 'creation' and allow for individual crafting.

The possibilities are endless. Registration Number: 118150



**If you are interested in teaching a course  
for Middletown Recreation, please call**

**860 - 638 - 4500**



## **BABYSITTER SAFETY** Instructor: Life Safe Services, LLC

Ages 11 - 17

June 6, 2020 9:00 am – 2:00 pm **NEW DATE!**

Fee per Session: \$75 resident \$80 nonresident

Recreation and Community Center Socialization Room

Registration Number: 318318



This is an entry level course intended to teach age appropriate skills necessary to care for children of all ages using team babysitting, mother's helper, and individual babysitting concepts. The course focuses on safety with emphasis on prevention. Other topics include hand washing, diapering, bottle feeding, personal safety, and interview skills. Basic first aid and obstructed airway management for a conscious choking adult/child and infant will be covered. First Aid including adult and child CPR (requires passing written and skills testing to receive 2 year certification). Booklet, handouts, and Babysitter Safety Certificate of completion included.

Please bring a snack, lunch, and drink.

Some scholarships are available for Middletown boys in middle school or high school.

We would love to have your family march with us in the  
**Middletown Memorial Day Parade!**

Monday, May 25, 2020!

Come wearing anything patriotic, any Recreation shirt, or carrying your favorite piece of sports equipment.

Please meet us at the corner of High St. & Stack St. at 10:00 a.m.

**Hope to see you there!**



The City of Middletown's annual  
Fireworks Festival scheduled for

**Saturday, June 27th 2020**  
will be rescheduled.

The hope is to reschedule the event  
to a later date in the upcoming  
months for what will be a  
celebration of our community.

We look forward to seeing everyone  
soon, thank you for your patience.

More details to follow.



# READelicious Preschool Fun



## READelicious Preschool Fun

Ages 2 - 5

Saturday, July 11

2:00 pm - 3:00 pm ANIMALS

\$3 per session resident participant only

\$5 per session nonresident participant only

Any accompanying adult is free.

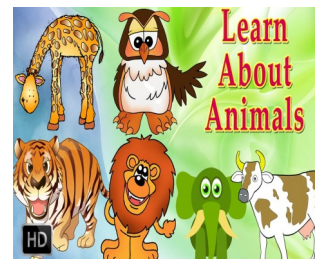
Senior and Community Center

Registration Number: 300300

Each class begins with a fun read aloud story and ends with a related food and craft project.

We will have different activities planned with our Recreation staff. Come ready to have lots of fun.

FALL DATES : September 12 and November 14



Middletown Public Schools is providing Clever Kids University, a bilingual mobile kindergarten readiness app, FREE to Middletown children and their families.

This engaging app will help your child excel at reading and be better prepared for school. Download the app and play with your child 15 minutes each day.

Register for FREE at [www.myf2b.com/register/middletown](http://www.myf2b.com/register/middletown)



## What can you do with old Halloween Costumes !

Middletown Recreation will be accepting gently used Halloween Costumes.

Starting November 1, 2019

through October 16, 2020.

We will distribute costumes, Saturday, October 17 at the Fall Festival.

More information to follow.

Help us make sure every child wears a costume next Halloween.



Upcoming Dates  
Carnival Day October 10  
Royal Tea Party January 16







## HOOPS AND MORE

Ages 8 - 15

**Fridays**

Free

October 2	Fall Theme
November 13	Thanksgiving Theme
January 8	Game Night
February 12	Valentines Theme
March 5	Spring Theme
April 16	Sports Night
May 7	Summer Theme

6:00 pm - 8:00 pm

Macdonough School Gym & Cafe

Free basketball drills, games, dance, cheer, table, and board games.

Transportation is available at the following bus stops for out-of-town trips only.

Daddario Road, Maplewood Terrace, Traverse Square, and Macdonough School.

Bus Times to be determined. Registration Number: 415040

## OUTREACH ADVENTURES FIELD TRIPS

Ages 8 - 15

**Saturdays**

\$5.00

October 3	Metro Movies
November 14	Bowling
January 9	Lazer Quest
February 13	Roller Magic
March 6	Pump It Up
April 17	Lessard Lanes
May 8	Metro Movies



## STEM ROBOTICS CAMP

Ages: 7 - 10

Wednesday - Friday August 12 - August 14

12:00 am to 3:00 pm

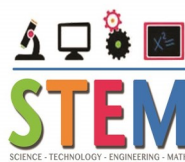
Spencer School Week 8

Registration Number: 345345

Fee: \$120 resident \$150 nonresident

Instructor: Christopher Stone, CT STEM Academy

The great minds at Ozobots, Lego, and Sphero have provided the tools and Ozobots and Spheros are a great facet for participants to explore a different side of robotics. That includes interesting building challenges, programming, and innovative thinking with high interest materials.



## STEM CAMP

Monday August 10 and/or Tuesday August 11

\* Please note that topics will not be repeated on 8/10 and 8/11

**COME ENJOY A DAY FILLED WITH STEM ACTIVITIES**

Ages 8 to 14

9:00 am to 3:00 pm Full Day \$60 resident \$70 nonresident

9:00 am to 12:00 pm Half Day \$40 resident \$50 nonresident

Instructor: Christopher Stone, CT STEM Academy

Does your child like to explore science, solve problems, and use technology?

If so, then STEM Academy is the perfect place for your child! Join us for a engaging session of exploring many different STEM Challenges through hands on investigations. Topics will include, but not limited to, K'NEX and Lego Building, Rocketry, Coding with Ozobots, and Engineering Challenges.

Registration Number: 345345



**CT STEM Academy will offer a fun engaging themed STEM program for participants in summer camp.**

Good Time, Play Time, Fun Time, & Crystal Lake will have 40 minute workshops twice over the summer. Participants will engage in hands on investigations in a fun and creative environment. Once they participants try these sessions they will want to take lots of CT STEM Academy classes.

Possible Topics for STEM Activities:

Flight and Basic Rocketry *Participants will create paper and water bottle rockets during this session.*

Race Car Challenges *Participants will create race cars using everything from straws, peppermints and K'NEX.*

Popsicle Stick Bridges *Participants will create structures to hold weight and allow a vehicle to travel across it.*

Roller Coasters *Participants will envision and design a paper roller coaster.*

Daily STEM Engineering Challenges *Participants will engage in a STEM engineering challenge.*

Chemistry *Each day participants will engage in a chemistry experiment.*

Make and Take *Participants will create items daily.*



### GVSA SUMMER SOCCER CAMPS

Monday - Friday

July 6 - July 10

August 10 - 14

Half day: 9:00am - 12:00pm \$110 resident \$125 nonresident

Full day: 9:00 am - 3:00pm \$160 resident \$175 nonresident

Long Hill Road Soccer Fields Registration Number: 370370

Instructor: Goran Vasic

For more information about programs, please call Goran at 1.201.532.3778



### SKYHAWKS - MINI HAWKS

Ages 4 - 6

Monday - Friday

August 10 - 14 9:00 am - 12:00 pm

Snow School

Fee: \$75 resident \$85 nonresident

Mini-Hawk helps participants explore baseball, soccer, and basketball. There is no pressure, just lots of fun! Young athletes participate through unique Skyhawk's games. Our coaches are committed to helping children start off on the right foot as they take their first steps into athletics.

Registration Number: 133114



### SKYHAWKS - MULTI SPORT

Ages 6 - 11

Monday - Friday

August 10 - 14 9:00 am - 3:00 pm

Site: Snow School

Fee: \$139 resident \$154 nonresident

Programs are designed for the all-around player interested in several sports or for the beginning player desiring to learn a variety of sports. The programs usually consist of soccer, flag football, baseball & basketball.

This fast-paced program is designed to teach the fundamentals of these sports in a fun and enjoyable atmosphere.

Registration Number: 133114



## SUMMER RECREATION SPORT CAMPS

### INSTRUCTIONAL BASKETBALL CAMP

Ages 5 -10

Week 1 June 22 - June 26

Week 5 July 20 - July 24

9:00 - 12:00 pm

Keigwin Middle School

Fee: \$45 resident \$50 nonresident

Instructor: Coach Kelvin Jones

Learn dribbling, passing, shooting, and other drills.

Registration Number: 133333



### YOUTH VOLLEYBALL CAMP

Ages 12 - 15

Days: Monday - Friday 9:00 - 3:00 pm

Week 4 July 13 - 17

Week 6 July 27 - 31

Middletown High School

Fee: \$80 resident \$90 resident

Instructor: Coach Kelvin Jones

You will learn the fundamentals of the game including introduction to each position, techniques utilized in each position, and proper rotation on the court. Skills taught at the beginning of the week will be put into play during games played at the end of each week. Proper t-shirt, sneakers, and water bottle.

Registration Number: 123130



### INTERMEDIATE BASKETBALL CAMP

Ages 11 -14

Week 1 June 22 - June 26

12:00pm - 3:00 pm

Middletown High School

Fee: \$45 resident

\$50 nonresident

Instructor: Coach Ricky Privott

Camp will provide skills, drills, and basketball games. Participants should wear sneakers, shorts, and bring snacks and drinks.

Registration Number: 133334



### RAY BARNES SUMMER BASKETBALL

Dates: June 22 - July 31

Division A: Ages 7 - 9

Monday 5:00 - 7:00 pm

Division B: Ages 10 - 15

Tuesdays & Thursdays 5:00 - 7:00 pm

Site: MHS

Fee: \$10 resident only

Teams will be created by the Recreation Division.

Registration Number: 115010



### TENNIS CAMP

Ages 10 -14

Week 2 June 29 - July 2 9:00 am - 12:00 pm

Middletown High School

Fee: \$45 resident \$50 nonresident

Camp will provide skills, drills, and tennis matches.

Participants should wear sneakers, shorts, and bring snacks & drinks.

Registration Number: 133335







**Sessions:**  
**January - March**  
**April - June**  
**July - September**  
**October - December**



## **BLUE DRAGON JUDO CANCELLED UNTIL SEPTEMBER**

Mondays & Wednesdays

Ages 6 - 13 6:30 pm - 7:30 pm

Ages 14+ 7:30 pm - 9:00 pm

Fee per session: \$50 resident \$55 nonresident

Woodrow Wilson Middle School Small Gym

Registration Number: 343343 Instructor: Pam Hinkle [pehinkle@msn.com](mailto:pehinkle@msn.com)

Judo is both a martial art & Olympic sport. Participants may train for tournaments or simply enjoy fitness & skill development.



## **KUMSAJADO MARTIAL ARTS**

Ages 6 +

Thursdays

Beginner: 6:15 - 7:30 pm

Fee per session: \$40 resident \$45 nonresident

Advanced, green belt or higher: 6:15 - 8:30 pm

Fee per session: \$60 resident \$70 nonresident

Woodrow Wilson Middle School Gym

Registration Number: 344344

Instructor: Richard Conforti [rconforti@goldenlionacademy.com](mailto:rconforti@goldenlionacademy.com)

We combine Judo, Kung Fu, Hapki Do, and Tae Kwon Do to create a well rounded individual. The advanced class is designed for participants with a Green Belt or higher. We are a family oriented organization and encourage families to sign up together.



**CANCELLED UNTIL SEPTEMBER**

## **RED CROSS LAY RESPONDER CLASS**

Sunday June 7 9:00 am - 2:00 pm

Fee \$40 resident \$45 nonresident

The American Red Cross First Aid/CPR and AED program helps participants recognize and respond appropriately to cardiac breathing and first aid emergencies.

This program includes the Red Cross certification fee. Instructor: Ashley Pietraroia Registration Number: 444444



## CUPCAKES, COOKIES, & CANVASES

7+ may be dropped off, or come as a family & paint together.

Fee: \$10 resident \$15 nonresident 6:00 pm - 7:30 pm

### Senior & Community Center

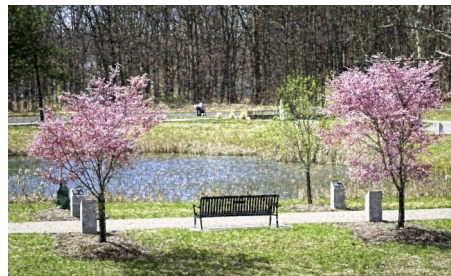
Registration Number: 329080

No experience necessary. All supplies included.

Friday, July 17 Sun **NEW DATE!**

### Veterans Memorial Park

Friday, June 19 Trees of Honor



## DIY BEESWAX WRAPS

Ages 14+

Saturday, **June 6 NEW DATE & TIME!**

1:00 pm

Fee: \$18 Residents \$20 Nonresidents

Registration Number: 318318

Senior & Community Center

Learn how to make beeswax wraps so you can eliminate use of plastic wrap for foods.

Participants will make three wraps to take home.

Instructor: Bernadette Basiel Attendance: Minimum 5 - Maximum 15 .



## INTRO TO PICKLE BALL

Ages 16+

Saturdays June 6, 13, 20, & 27

10:00 am - 12:00 pm

Fee per session: \$10 resident \$15 nonresident

Pat Kidney Tennis Courts

Registration Number: 436436

Instructor: Janice Skene

Some equipment available.

Pickle ball is a paddle sport (similar to a racquet sport) that combines elements of badminton, tennis, and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a Wiffle Ball, over a net. The sport shares features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules somewhat similar to tennis, with several modifications.



## FAMILY TIE DYE WORKSHOP

Ages 8 - 88

Saturday, July 11 **DATE CHANGE**

9:30 am - 12:00 pm

Drop in any time before 11:00 am.

Each item should take about thirty minutes.

Senior and Community Center Art Room

Fee: \$2 resident, \$3 nonresident

Join us to have some tie dye fun. Please bring plenty of items to tie dye.

Registration Number: 313313



Middletown Recreation will launch a new fun way to visit Middletown Parks.

Look on our website @ [Middletownct.gov/recreation](http://Middletownct.gov/recreation)

for instructions and the bingo boards.

Simply pick a board per person, make a straight or diagonal bingo.

**Middletown  
Recreation Parks Bingo**

Middletown Trail Guide Link:

<http://www.middletownct.gov/DocumentCenter/View/6534/Middletown-Trail-Guide-PDF?bidId=>

## SEND A KID TO CAMP

### HELP US SAY YES TO EVERY CHILD WHO WANTS TO GO TO CAMP

Make a donation to our department to send a child to camp this summer! Any amount makes a difference.

Sending a child to camp for just one week (\$80) will ensure that they engage in fun, productive, and safe activities during the summer .

You can make a donation in one of following ways:

- Mail us or drop off a check made out to "Middletown Recreation."
- Cash donations may be made in the office.
- Make a donation with a credit card over the phone or in our office.



# Friends & Fun Inclusion

## Middletown Youth Baseball & Softball Challenger Division

Ages 6 -18 [www.mybbsb.org](http://www.mybbsb.org) or email [challenger@mybbsb.org](mailto:challenger@mybbsb.org)



## FRIENDS & FUN LIFE SKILLS COOKING

Ages 9 - 21

Friday, July 10 5:30 pm - 7:30 pm

Fee: \$10 resident \$15 nonresident

Rec Center on Durant Terrace Registration Number: 355352

Participants will learn basic cooking skills and appropriate group work based on their ability.

Classes will include set up, clean up, and dining in!



## FRIENDS & FUN LIFE SKILLS BAKING

Ages 9 - 21

Friday, June 26 5:30 pm - 7:30 pm

Fee: \$10 resident \$15 nonresident

Rec Center on Durant Terrace Registration Number: 355351

Participants will learn basic baking skills and appropriate group work. We will make and enjoy baked goods together and have plenty to take home and share!



## FRIENDS & FUN SATURDAY LUNCH AND DOWNTOWN MAIN STREET

Ages 14+

Saturday, June 13 Meet at the rear entrance to Main Street Market at 11:30 am.

Registration Number: 355350

We will have lunch and shop. Please bring money to cover what you would like to buy today.



## FRIDAY NIGHT FUN

Ages 8 - 21

Friday July 24 5:30 - 7:30

Fee: \$5 resident \$10 nonresident

Senior and Community Center

Registration Number: 355354

Come enjoy this respite program with lots of games, crafts, dinner, and a whole lot of fun!!



## MIDDLETOWN UNIFIED THEATER SUMMER BASH

Ages 10 - 21

Wednesday July 15 5:30 - 7:30

Senior and Community Center

COME AND BE PART OF OUR SHOW AND HELP US GET STARTED WITH PLANNING OUR 10TH ANNIVERSARY SHOW!!



## RECREATIONAL GOLF

These individualized classes are great for beginners and advanced players wishing to improve their game. The sessions include instruction on all aspects of golf, video analysis, and playing the course taught at Miner Hills Golf Course by their popular resident professional, George Claffey, who is named one of the top 100 teachers by the World Golf Teachers Federation.

These classes include range balls!

No classes are scheduled on Holiday weekends.

Each session includes four one-hour classes.

Miner Hills Golf Course: 80 Miner Hills Drive, Middletown

Registration Number: 316316



### RECREATIONAL GOLF

Ages 14 +

Sundays, April 28 - May 19 5:00 - 6:00 pm **CANCELLED**

Sundays, May 31 - June 21 5:15 - 6:15 pm

Sundays, Sept 13 - October 4 5:15 - 6:15 pm

Fee per session: \$50 resident \$55 nonresident



### RECREATIONAL GOLF FORE WOMEN

Ages 16+

Wednesdays July 8 - 29 5:30 - 6:30pm

Fee: \$50 resident \$55 nonresident



### RECREATIONAL GOLF JUNIORS

Ages 7 - 13

Sundays, April 22 - May 13 4:00 - 5:00 pm **CANCELLED**

Sundays, May 31 - June 11 4:00 - 5:00 pm

Sundays, Sept 13 - October 4 5:15 - 6:15 pm

Fee per session: \$50 resident \$55 nonresident



### RECREATIONAL GOLF SENIORS

Ages 50+

Tuesdays, June 2 to June 23 9:30 - 10:30 am

Fee: \$50 resident \$55 nonresident senior

### BERNIE GILLIS FAMILY GOLF

All Ages 8+

Wednesdays, August 5 - 26 5:30 - 6:30 pm

Fee: \$35 resident \$40 nonresident

First 2 classes at Zoars Pond Field off Randolph Road

Last 2 classes at Miner Hills Golf Course





# TENNIS ANYONE

## WESLEYAN TENNIS COURTS ON VINE STREET

### SESSION ONE

April 28 - May 21

**THIS SESSION CANCELLED**

Tuesdays OR Thursdays

#### No Fault

Ages 6 – 10

Time: 5:30 – 6:15 pm

#### Serves You Right

Ages 10 - 14

Time: 6:15 – 7:00 pm

#### Simply Smashing

Ages 15+

Time: 7:00 – 8:00 pm

\*\*\*\*\*

### SESSION TWO

June 2 - 25

**THIS SESSION CANCELLED**

Tuesdays OR Thursdays

#### No Fault

Ages 6 – 10

Time: 5:30 – 6:15 pm

#### Serves You Right

Ages 10 - 14

Time: 6:15 – 7:00 pm

#### Simply Smashing

Ages 15+

Time: 7:00 – 8:00 pm

\*\*\*\*\*

### SESSION THREE

June 30 - July 2

Tuesdays OR Thursdays

#### No Fault

Ages 6 – 10

Time: 5:30 – 6:15 pm

#### Serves You Right

Ages 10 - 14

Time: 6:15 - 7:00 pm

#### Simply Smashing

Ages 15+

Time: 7:00 – 8:00 pm



Fee per session:

\$30 resident \$35 nonresident

Balls are provided.

Some racquets are available.

Registration Number: 350450

## PAT KIDNEY TENNIS COURTS ON NEWTON STREET

### SESSION ONE

April 25 - May 16

**THIS SESSION CANCELLED**

Saturdays

Seasons 1 and 2 No session 3 on Saturdays

#### No Fault

Ages 6 – 10

Time: 10:00 – 10:45 am

#### Serves You Right

Ages 10 - 14

Time: 10:45 – 11:30 am

#### Simply Smashing

Ages 15+

Time: 11:30 – 12:30

#### You Got Served

Ages 50+

Time: 12:30 pm - 1:15 pm

\*\*\*\*\*

### SESSION TWO

May 30 - June 20

**THIS SESSION CANCELLED**

Saturdays

Seasons 1 and 2

No session 3 on Saturdays

#### No Fault

Ages 6 – 10

Time: 10:00 – 10:45 am

#### Serves You Right

Ages 10 - 14

Time: 10:45 – 11:30 am

#### Simply Smashing

Ages 15+

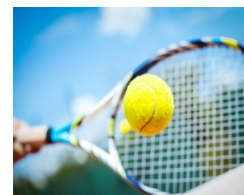
Time: 11:30 – 12:30

#### You Got Served

Ages 50+

Time: 12:30 pm - 1:15 pm

**NO SESSION THREE ON SATURDAYS**



### **WATER FITNESS** Ages 18+ **CANCELLED UNTIL SEPTEMBER**

Sessions: Mondays & Thursdays January 1 - June 30  
Mondays & Thursdays July 1 - December 31

No Class: School Holidays & Snow Days

7:00 pm - 8:00 pm

Instructor: Cathy Race

Optional Lap Swim 8:00 pm - 8:45 pm

Fee per session: \$20 resident 18+

Woodrow Wilson Middle School Pool

Free resident 60 +

\$50 all nonresident

Registration Number: 433434



The constant resistance from the water creates a safe environment to focus on body conditioning. Expand your range of motion, breathe deeper and fuller, strengthen and balance muscle groups, and condition slow reflexes.

### **LAP SWIMMING** Ages 18+ **CANCELLED UNTIL SEPTEMBER**

Sessions: Mondays & Thursdays January 1 - June 30  
Mondays & Thursdays July 1 - December 31

No Class: School Holidays & Snow Days

8:00 pm - 8:45 pm

Fee per session: \$20 resident 18+

Free resident 60 +

\$50 nonresident

Woodrow Wilson Middle School Pool

Registration Number: 433436

Lap swim is swimming from the starting place of the pool up to the other end of the pool.



### **CIRCUIT TRAINING** Ages 18+ **CANCELLED UNTIL SEPTEMBER**

Sessions: Mondays & Thursdays January 1 - June 30  
Mondays & Thursdays July 1 - December 31  
No Class: School Holidays & Snow Days

NEW TIMES 5:45 pm - 6:15 pm

6:20 pm - 6:50 pm

Optional Free Lap Swim 8:00 pm - 8:45 pm

Fee per session: \$20 resident 18+

Free resident 60+

\$50 all nonresident

Woodrow Wilson Middle School Weight Room

Registration Number: 433432

This is a circuit training program and is open to all levels.

An instructor will monitor and suggest appropriate lifting techniques. No equipment is required.



### **FREE AQUACISE**

Ages 14+

Tuesdays July 7, 14, 21, 28 and August 4

Time: 6:45 pm - 7:30 pm

Veteran's Memorial Pool @ Veterans Memorial Park

Registration Number: 213090

**MUST BE PREREGISTERED**

No experience required.

Those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine.





## FREE LEARN TO ROW DAY

Saturday, June 27 **NEW DATE**

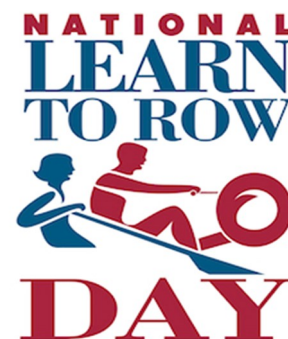
10:00 am - 2:00 pm

Arrive by 1:00pm.

John K. Smith Boat House at Harbor Park, Middletown

Open house at boathouse.

Tour and brief introduction to rowing on ergs and in a shell on the river.



## D.E.E.P. BOATING COURSE

All Ages - Must be able to pass the written test.

Tuesdays & Thursday - **JUNE 9, 11, AND 16 NEW DATES**

6:00 pm - 9:00 pm

Fee: \$20 resident \$25 nonresident

Senior & Community Center

Registration Number: 348010

This is a 10 hr. course taught by the CT D.E.E.P. Boating Division and fulfills the requirements for a State Boating Certificate and/or a Certificate of Personal Watercraft Operation. After successful completion, the student can send in the application and the appropriate fee to obtain the certificate.



## LADY KATHERINE CRUISE

50 + Middletown Resident Only

Nonrefundable Fee: \$1

Wednesday, October 7

If you were registered on the cancelled May 12 trip, you have been automatically enrolled on this trip.

Registration starts September 1 for new participants.

Arrive at the Dock at Harbor Park at 9:30 am.

Boarding starts at 9:30 am and will end at 9:50 am, to ensure a 10:00 am departure.

Please SAVE your receipt! It serves as your boarding pass.



Participants with their boarding pass will be allowed to board the boat first, then those registered without their boarding pass, and finally all waitlist participants may be able to board if there is still space. Cruise departs PROMPTLY at 10:00 am and returns at approximately 11:45pm.

Sail the Connecticut River on the Lady Katherine.

Coffee and pastries provided! The boat has three levels with a bathroom on the lower level.

Registration Number: 525525



# Community Rowing on the Connecticut River

## 2020 Rowing Season · All Levels



Recreational sweep rowing out of the John K. Smith Boat House at Harbor Park, Middletown for all levels, and ages 13-99. Intensive coaching and instruction, as well as optional regatta opportunities. Provided in partnership with Central Connecticut Rowing, a nonprofit organization of community volunteers. Join us for a great time on the river! There's no better place to be. Registration Number: 111050 Swim Waiver Form Required

### FOR MORE INFORMATION:

Please go to [Centralctrowing.com](http://Centralctrowing.com) OR call the Recreation & Community Services 860.638.4500

Please note: All programs are limited in size. Sign up early!

### SPRING ROWING **CANCELLED**

Intermediate & Advanced Rowers Only Ages 18+\*

Mondays, Tuesdays, & Thursdays April 27 - May 25

5:45 pm - 8:00 pm Fee: \$225 resident \$245 nonresident

### FREE LEARN TO ROW DAY **NEW DATE**

Saturday June 27

10:00 am - 2:00 pm (Arrive before 1:00 pm)

Open house at boathouse. Tour and brief introduction to rowing on ergs and in a boat on the river.

### SUMMER SWEEP ROWING **NEW DATES**

Ages 13 - 99\*

Beginner: Mondays & Thursdays July 6 - July 30

5:45 pm - 8:00 pm Fee: \$ 90 resident \$100 nonresident

Intermediate & Advanced: Mondays, Tuesdays, & Thursdays July 6 - July 30

5:45 pm - 8:00pm Fee: \$135 resident \$150 nonresident

### NEW BEGINNER ROWING CLASS **NEW DATES**

Ages 13—99\*

Saturday mornings July 11 – Sat August 8

9:00 am - 11:30 am

Fee: \$105 resident \$115 nonresident

### AUGUST ROWING

Intermediate & Advanced Rowers Only Ages 13+\*

Mondays, Tuesdays, & Thursdays August 3 - August 31

5:45 pm – Dusk Fee: \$195\*\* resident \$210 nonresident

### FALL ROWING

Intermediate & Advanced Rowers Only Ages 18+\* We row three times a week !!

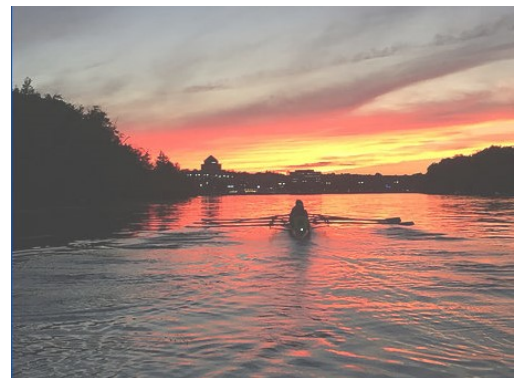
Mondays, Thursdays September 3 - October 17 5:45 pm - 8:00 pm

AND Saturdays 9:00 am - 11:00 am

Fee: \$255 resident\*\* \$275 nonresident \*\*

\*All rowers must pass swim test or provide the Recreation Dept. swim waiver form signed by a lifeguard before rowing on the river. Swim test opportunity will be offered on the evening of end of June at 5:45 pm at Woodrow Wilson Middle School. \*\*Experienced rowers interested in racing will incur additional fees for regattas.

PLEASE NOTE: occasional Sat. races may require rescheduling of practices because of conflict!



## FREE NATURE WALKS with Beth Lapin, Ecotherapist.

Wear hiking shoes, bring a light snack and water.

Children under age 16 must attend with an adult 18+.

Cancelled if inclement weather. Leashed dogs generally OK; check for specifics.



Each walk lasts 1.5 hours.

Registration Number: 460460

### MAY NATURE WALK **CANCELLED**

Sunday, May 3, 2020 Time: 10:00 a.m. (lasts 1.5 hours)

Location: Guida Farm Conservation Area: from Route 17 south (towards Durham), take the first left after Dooley Pond onto Round Hill Road. After 0.5 mi, at stop sign at intersection with Coleman and Round Hill, turn right into parking lot. (GPS: 300 Round Hill Road). On modulating trails, we will explore this 100-acre area protected by the city and Middlesex Land Trust. The Preserve offers wooded areas, open fields, and small ponds.

### JUNE NATURE WALK

Saturday, September 12 Time: 10:00 am **DATE CHANGE! POSTPONED UNTIL SEPTEMBER**

McCutcheon Park Area: from Randolph Road (Route 155), turn south onto Millbrook Road. Follow Millbrook for 1.5 miles and take fifth right onto Livingston Road. After 0.2 miles, turn right into the park at Crystal Lake. Meet towards the left near the original buildings. GPS address: 250 Livingston Road. The hike, with some ups and downs, will cover forest, rock overhangs, and meadow areas in the woods west of the lake and include a discussion of Native uses of the area.

### NATURE WALKS PICNIC (cancelled if inclement weather)

Saturday, September 12 Time: 11:30 a.m. **DATE CHANGE! POSTPONED UNTIL SEPTEMBER**

Location: McCutcheon Park Area: from Randolph Road (Route 155), turn south onto Millbrook Road. Follow Millbrook for 1.5 miles and take fifth right onto Livingston Road. After 0.2 miles, turn right into the park at Crystal Lake. Meet at the pavilion, towards the left near the original buildings. (GPS address: 250 Livingston Road).

On Connecticut Trails Day, the Middletown Recreation Office will provide a lunch for participants and those interested in the nature walks.

**You MUST register for this, or RSVP to [Beth@BethLapin.com](mailto:Beth@BethLapin.com), by Friday September 11, in order to get a head count, for food.**

### JULY NATURE WALK

Saturday, July 11 Time: 10:00 am

Middletown Nature Garden, from Route 17, turn west on Randolph Road about 0.3 miles. The park entrance is on the left between Brown Street and Long Hill Road. GPS: 1495 Randolph Road. This small preserve has flat looping trails on which we will reconnect with nature. A calm, peaceful walk, with benches for contemplation.

### AUGUST NATURE WALK

Saturday, August 1 Time: 10:00 am

Mattabesset River Trail, Newfield Street to Tuttle Road, then right on to Tuttle Place to cul-de-sac, GPS: 54 Tuttle Place. Using a two-mile section of the Multi-use Trail system, we will walk along the Mattabesset River, on a level paved pathway.

## MIDDLETOWN THINKS OUTSIDE: NO BOX REQUIRED CHALLENGE

2019 Challenge Awards: On January 12, the Middletown Recreation Division acknowledged those who completed the 2019 Middletown Thinks Outside challenge, with a celebratory breakfast and a colorful backpack. Nature hike "sweeps" were also appreciated.

Included in the photo are: Kathy Hennessey, Chris King, Tracy Livingston (second year Challenge completer), Robb Evans, Greg Klaus, and Beth Lapin.



## MIDDLETOWN THINKS OUTSIDE No Box Required

2020 Challenge:

The 2020 Challenge has begun! Visit at least ten of the twelve highlighted Middletown Open Space sites during 2020 to be recognized. The reporting form is available on the Rec Office's website or by contacting: [Beth@BethLapin.com](mailto:Beth@BethLapin.com).

Explore Middletown Parks and Open Spaces.

We have designed this new program to help promote Middletown's parks and open spaces.

In this friendly competition, you will be recognized if you visit these three sites, between June 1st and August 31st.

Please keep track of your visits and self-report.

To obtain/submit the reporting form:

Contact Beth at [Beth@healingnaturect.com](mailto:Beth@healingnaturect.com) or contact Karen at [karen.nocera@middletownct.gov](mailto:karen.nocera@middletownct.gov).

Hand in completed forms by September 1.

Bring water, sunblock, map, and insect repellent, if desired.

Dress for the weather. It is best to dress in layers so as you warm up hiking you can remove outer layers.



The Committee works to provide better sidewalks, bike routes, and multi-use trails for safe walking and bicycling in Middletown.

All meetings at 7 pm in Council Chambers, on the second Monday of the month.





**Middletown Walks with a Doc are the first Sunday of each month, April - November**

**12:00 pm - 1:00 pm at Harbor Park.**

June 7

July 5

August 2

September 6

October 4

November 1

Come walk, socialize, and learn in a supportive group.



**WESLEYAN WALKING PROGRAM NO WALKING INDOORS UNTIL SEPTEMBER 2020**

Ages 50+ Middletown Residents only

Monday - Friday 7:00 am - 9:30 am

During Wesleyan Spring Training: 9:00 am - 11:00 am

Wesleyan University Freeman Athletic Center

Registration Number: 433438

Free, unsupervised program. Walk at your own pace.

- ♦ Wear BLUE walking pass at all times! Proof of age and residency is required.
- ♦ Facility availability may vary due to Wesleyan events and activities.

**We will have our annual breakfast in the spring.**



**MULTI-USE TRAILS All Ages**

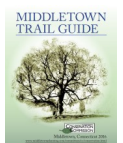
April through November

The trail starts on Middle Street near Bradley Street intersection, south to Smith Street, East on Smith to Westlake Drive to just past Russett Park. There the trail crosses to the other side of Westlake Drive and continues as an off-road trail along the Mattabesset River for another 2 miles, until it reaches Tuttle Place.

From Tuttle Place, the trail loops back to the west along Tuttle Road, turns on Moss Glen, and reconnects with the main section of the off road trail.

**Find the link for the Multi-Use Trail System <http://middletownplanning.com/documents/mdtntrailguide.pdf>**

Joggers, walkers, strollers, cyclists, and rollerblades are welcome to enjoy the trail. The trail begins at the Middle Street and Timber Ridge Road intersection to Smith Street to the Westlake Drive and Rising Trail Drive intersection. Trail is open through November. **Trail Guide is available for \$10 in The Planning Conservation & Development.**



**NATIONAL TAKE A HIKE DAY All Ages**

National Take a Hike Day is observed annually on **November 17**. With over 60,000 miles of trails in the National Trail System across the 50 states, there is no lack of opportunity to take a hike. Events around the country are scheduled to celebrate Take a Hike Day. Hiking can burn between 400-550 calories per hour. What better way to get a head start on all those 'other' holiday temptations and observe Take a Hike Day? Be sure to wear good shoes, take a snack and bring a buddy, but get out there and enjoy the fresh air, scenery and get a little exercise to boot!

**HOW TO OBSERVE?** Take a nice hike. When you go, use #NationalTakeAHikeDay to post.



## Paper Shredding Events 9:00 am - 12:00 pm

*Middletown residents can attend all of these events.*

### Saturday, June 13

Colchester-East Hampton Water Pollution Control Facility  
20 Gildersleeve Drive, East Hampton



### Saturday, August 15

Middlefield Community Center, 405 Main Street, Middlefield

*Pre-shredded paper is accepted at these events. Shredded paper is not acceptable with your curbside recycling.*

## Household Hazardous Waste 9:00 am - 1:00 pm

*Middletown Residents can attend all of these events.*

### Saturday, May 9

Colchester - East Hampton Water Pollution Control Facility  
20 Gildersleeve Road off Route 66, East Hampton



### Saturday, July 25

Woodside Intermediate School, 30 Woodside Drive, Cromwell

### Saturday, October 31

Middlesex Community College, 100 Training Hill Road, Middletown

Due to the fluid situation of COVID-19, please check to confirm these events are happening.

Updates will be posted on

<https://www.middletownct.gov/1131/COVID-19-Public-Works-Information>

## Summer Activity: Start Composting!

Composting takes organic material such as leaves and food waste and turns it into a nutritious supplement for gardens and plants.



Learn more about composting here:

<https://www.middletownct.gov/903/Composting> . Got too much food waste?

We will take it at the Recycling Center at no charge! Check it out here:

<https://www.middletownct.gov/1074/Food-Scraps-at-the-Recycling-Center>.

Want to stay up to date with recycling and public works information?

Sign up to receive notifications at

<https://www.middletownct.gov/955/Notifications> .



# Middletown Recycling

860-638-4855 \* [kim.orourke@middletownct.gov](mailto:kim.orourke@middletownct.gov) \* <https://www.middletownct.gov/190/Recycling>

